Prayer begins in the home,
as we arise each morning with our acknowledgment
of God’s presence and compassion.
I am grateful to You, living, enduring Sovereign,
for restoring my soul to me in compassion.
You are faithful beyond measure.

Upon ritual washing of hands:
Praised are You Adonai our God, who rules the universe,
instilling in us the holiness of mitzvot
by commanding us to rinse our hands.

Modeh ani lefanechah
modah
Sh’he’chezarta be Nishmati b’chemla
rabah emunatecha

We are thankful for the gift of our soul.
The soul that You, my God, have given me is pure. You created
it. You formed it. You breathed it into me; You keep body and
soul together. One day You will take my soul from me, to
restore it to me in life eternal. So long as this soul is within
me I acknowledge You, Adonai my God, my ancestors’ God,
Master of all creation, Sovereign of all souls. Praised are You
Adonai, who restores the soul to the lifeless, exhausted body.

Upon arising in the morning, we acknowledge
God’s compassion in restoring us to life each day.

כודר / מתויה אתי לגדולה, מטיל את אתי
שתחי ויבטולו איתך, רכזה אתי

Upon ritual washing of hands:
ברוך אמתו יהוה אלוהינו מלך העולם,
אשת נפשו במשמיה על כל יום

כבודו אמתו יהוה אלוהינו מלך העולם

For the gift of our soul
אלהים, שבתה ושמה ותודה לו, אלהיך בראתך, אלהיך
יראתך, אלהיך נבאתך, אלהיך משמשתך וברך, אלהיך
שלום עולם, מקים עולם וברך נבאתך, אלהיך
Prefs to the God of all souls. Praised be You
הוה אלוהים, אלהיך בראתך, אלהיך
כבודו אמתו יהוה אלוהים

ברוך אמתו יהוה אלוהים שבתי פעמים

Deep is Your love for us, Adonai our God, boundless Your tender compassion.
Avinu Malkenu. You taught our ancestors life-giving laws. They trusted in You;
for their sake graciously teach us.
Our Maker, merciful Provider, show us mercy; grant us understanding and discernment.
Then will we study Your Torah, heed its words, teach its precepts, and follow its instruction, lovingly fulfilling all its teachings.
Open our eyes to Your Torah;
help our hearts cleave to Your mitzvot.
Focus all our thoughts so that we may love and revere You.
Then we will never be brought to shame, for we trust in Your awesome holiness, and will delight in Your deliverance.
Bring us safely from the four corners of the earth, and lead us in dignity to our land, for You are the Source of deliverance.
You have called us from all peoples and tongues, constantly drawing us nearer to You, that we may lovingly offer You praise, proclaiming Your Oneness.
Praised are You Adonai, who loves the people Israel.

K'RIAT SH'MA

If there is no minyan, add: God is a faithful sovereign.
DEUTERONOMY 6:4-9
Sh'ma Yisra-el, Adonai Eloheinu, Adonai Ehad
Hear, O Israel: Adonai is our God, Adonai alone.
Silently:
Praised be God’s glorious sovereignty throughout all time.
You shall love Adonai your God with all your heart, with all your soul, with all your might. And these words, which I command you this day, you shall take to heart. Teach them, diligently, to your children, and recite them at home and away, night and day. Bind them as a sign upon your hand, and as a reminder above your eyes. Inscribe them upon the doorposts of your homes and upon your gates.
DEUTERONOMY 11:13-21

ךָּדוֹרָה: דְּהַיָּה
שָׁמֵעַ בְּשֵׁיָרָה לוֹדָה אֶלְּאָךְּ נוֹסֵעָה אָחָד
Silently:
ךָּדוֹרָה: שָׁמֵעַ בְּשֵׁיָרָהLOYAL LêhAךָּדוֹרָה: שָׁמֵעַ בְּשֵׁיָרָהLOYAL LêhAךָּדוֹרָה: שָׁמֵעַ בְּשֵׁיָרָהLOYAL LêhAךָּדוֹרָה: שָׁמֵעַ בְּשֵׁיָרָהLOYAL LêhA
AMIDAH FOR WEEKDAY SHAḤARIT
(with Matriarchs)

Adonai, open my lips, so I may speak Your praise.
Praised are You Adonai, our God and God of our ancestors,
God of Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel,
and Leah, great, mighty, awesome, exalted God who bestows
lovingkindness, Creator of all. You remember the pious
deeds of our ancestors and will send a redeemer to their
children's children because of Your loving nature.

Between Rosh Hashanah and Yom Kippur:
Remember us that we may live, O Sovereign who delights in life.
Inscribe us in the Book of Life, for Your sake, living God.
You are the Sovereign who helps and guards, saves and
shields. Praised are You Adonai, Shield of Abraham and
Guardian of Sarah.
Your might, Adonai, is boundless. You give life to the dead;
great is Your saving power.

*From Sh’mi Atzeret until Pesah:
You cause the wind to blow and the rain to fall.
Your love sustains the living. Your great mercies give life to
the dead. You support the falling, heal the ailing, free the
fettered. You keep Your faith with those who sleep in dust.
Whose power can compare with Yours? You are Master of life
and death and deliverance.

Between Rosh Hashanah and Yom Kippur:
Whose mercy can compare with Yours, Source of compassion?
In mercy You remember Your creatures with life.
Faithful are You in giving life to the dead.
Praised are You Adonai, Master of life and death.

When the Amidah is chanted aloud, continue on page 37.
Holy are You and holy is Your name. Holy are those who
praise You each day. **Praised are You Adonai, holy God.

**Between Rosh Hashanah and Yom Kippur:
Praised are You Adonai, holy Sovereign.

Silent recitation continues on page 38.

*From Pesah to Sh’mi Atzeret, some odd: You cause the dew to fall.
Adon Olam is perhaps the best known and most frequently sung of all synagogue hymns, often attributed to Solomon ibn Gabirol, the great Spanish philosopher-poet. It begins by sounding God as the Infinite, the Creator of all, destined to reign over all. But in the end, the poet can place his ultimate trust only in God’s loving embrace, for “God is with me; I have no fear.”

Before creation shaped the world,
God, eternal, reigned alone;
but only with creation done
could God as Sovereign be known.

When all is ended, God alone
will reign in awesome majesty.
God was, God is, always will be
glorious in eternity.

God is unique and without peer,
with none at all to be compared.
Without beginning, endlessly,
God’s vast dominion is not shared.

But still — my God, my only hope,
my one true refuge in distress,
my shelter sure, my cup of life,
with goodness real and limitless.

I place my spirit in God’s care;
my body too can feel God near.

When I sleep, as when I wake,
God is with me; I have no fear.